



LAKE SIDE

ACTIVITY & PROGRAM GUIDE

FALL/WINTER 2016





Legend

-  Regional Park
-  Local Park
-  Open Space Preserve
-  Community Center
-  Teen Center
-  Library



ON THE COVER:

Halloween is always a fun time for families at Lakeside Community Center.

Supervisor's Message

Lakeside Community Center is thrilled to announce a state of the art outdoor fitness studio coming in Fall 2016 at Lindo Lake Park. Users can get a complete workout while enjoying the benefits of the San Diego sunshine and fresh air. For more information, please contact the community center at (619) 433-9176.

Ashley Westbrook
Parks and Recreational Supervisor
Lakeside Teen and Community Center



LIVE WELL
SAN DIEGO

Live Well San Diego is the County of San Diego's vision for a region that is building better health, living safely and thriving. Live Well activities promote health, safety and well-being for all County residents and the Department of Parks and Recreation supports this vision through hundreds of educational offerings, every year.



Lakeside Community Center

9841 Vine Street
P.O. Box 1708
Lakeside, CA 92040
(619) 443-9176

Hours of Operation
Monday – Friday, 12 – 8 p.m.

Holiday Closures
Labor Day, September 5
Thanksgiving, November 25
Christmas, December 26
New Year's Eve, December 31

Lakeside Teen Center

9911 Vine Street
P.O. Box 1708
Lakeside, CA 92040
(619) 443-4169

Hours of Operation
Monday, Tuesday, Thursday, Friday: 2 p.m. – 6 p.m.
Wednesday: 1 – 5 p.m.

Holiday Closures
Veteran's Day, November 11
Thanksgiving, November 24 – 25
Christmas, December 26
New Year's Eve, December 31

Table of Contents

2	Community Center Information
4	Announcements & Events
5	Special Interests
6	Youth
8	Teen/REC Club
9	Spanish
10	Adults
12	Community Center Rentals
13	Lindo Lake Park Rentals
14	Teen Center Rentals
15	Lakeside Area Parks

Announcements & Events

Coastal Clean-up Day

Join us and I Love A Clean San Diego for the 32nd annual, county-wide cleanup. We've coordinated a Creek to Bay/Coastal Cleanup Day on September 17, part of a larger campaign to activate hundreds of volunteers across San Diego. Contact the Lakeside Community Center for details at (619) 443-9176.

Date: Sept. 17
Time: Saturday, 9 a.m. – 12 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: All ages

Senior Health Fair

All seniors are invited to participate in our annual Senior Health Fair hosted by the Lakeside Community Center and Sharp Grossmont Hospital. Useful information on healthy living, recreation, exercise, and resources for seniors will be provided along with nutritious food samples, door prizes, health screenings and flu shots. Flu vaccines will be available for seniors and high-risk adults with a \$2 suggested donation.

No appointments are necessary. Shots will be provided by Sharp Grossmont Hospital Senior Resource Center.

Date: Oct. 13
Time: Thursday, 1:30 – 3 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Seniors

Revitalization

A community meeting with Diane Jacobs.

Date: Oct. 27
Time: Thursday, 9:30 – 11:30 a.m.
Location: Lakeside Community Center

Election Day

The Lakeside Community Center will be an official polling site for the 2016 election day.

Date: Nov. 8
Time: Tuesday, 7 a.m. – 8 p.m..
Location: Lakeside Community Center
Fee: Free
Ages: 18 and older

Health Fair

Join the Lakeside Community Center and the Lakeside School District for the 12th annual Health Fair! Through this free community activity, you'll receive information on health resources through booths and presentations, participate in opportunity drawings and enjoy other fun activities.

Date: Feb. 4
Time: Saturday, 11 a.m. – 4 p.m.
Location: Lindo Lake Baseball Field
Fee: Free
Ages: All ages

STEM in your Backyard

STEM in your backyard is a science fair with over 25 partner exhibitors providing hands-on interactive exhibits for students and families to engage in. This engaging fair is intended to encourage and inspire parents, teachers and children to become our future science, technology, engineering, and math (STEM) innovators.

Date: Mar. 11
Time: Saturday, 1 – 5 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: All ages



Lakeside Halloween Festival

Lakeside Community Center • 9841 Vine St., Lakeside

Monday, Oct. 31 • 5 – 8 p.m.

FREE!

Trick or Treat
 Games
 Costumes
 Music
 Contests
 Prizes



There will be a costume contest for all ages!

All children must be accompanied by an adult.

Information: 619-443-9176 • sdparks.org



Saturday, December 3, 8 – 10:30 a.m.

Lakeside Community Center • 9841 Vine St.

The entire family will enjoy a special morning with Santa Claus!

Enjoy a hot breakfast, arts and crafts and entertainment at this special family event!

Children must attend with a parent or responsible adult.

\$5 – All Ages



For more information and reservations, call the Lakeside Community Center at 619-443-9176.

sdparks.org

Special Interest

The Salvation Army Nutrition Program

The Lakeside Community Center serves hot, nutritious lunches on weekdays in conjunction with the Salvation Army, for seniors 60+ and reservations are not required.

Instructor: Salvation Army
Date/Time: Weekdays, 12 – 12:50 p.m.
Location: Lakeside Community Center
Fee: \$4/suggested donation for seniors 60 years of age & over
 \$6/suggested donation for non-seniors
Ages: Seniors

Aging Medicines, Alcohol and Tobacco

This presentation provides awareness of medicines that do not mix well with other prescriptions, over-the-counter medications, herbal/vitamin supplements and alcohol. Strengthen your knowledge of alcohol usage and take our self-assessment tool. Get tobacco and smoking cessation resources. Understand the important of stress, recovery and prevention. The PowerPoint and evaluation lasts 45 minutes with questions and answers.

Instructor: Loren Goldstein,
Aging and Independent Services
Date: Thursday, Sept. 29
Time: 1 – 1:45 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

Alzheimer's Disease & Other Dementias

Listen to an Alzheimer's Project presentation to educate, engage, and build awareness of Alzheimer's Disease and other Dementias and strategies for interaction. Know the 10 Warning Signs of Alzheimer's Disease and Other Dementias. The presentation is 60 minutes.

Instructor: Matthew Parcasio,
Aging and Independent Services
Date: Nov. 17
Time: Thursday, 1:30 – 3:30 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

"Don't Get Hooked" Preventing Financial Abuse

This interactive PowerPoint presentation teaches older adults and family caregivers about preventing financial abuse, scams and fraud. Topics include, but are not limited to, Grandparent Scams, Sweepstakes and Lottery, Telemarketing, and IRS or other Governmental Scams. "Don't Get Hooked" booklet and other resources provided. The presentation is 60 minutes.

Instructor: Anable Kuykendall,
Aging and Independent Services
Date: Sept. 22
Time: Thursday, 1:30 – 3:30 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

Good Mental Health is Ageless

This presentation helps to dispel myths, stigma and barriers surrounding older adults' mental health. Learn signs of mental health issues, including a self-assessment tool. Class stresses the importance of prevention; including physical and social activities, interpersonal relationships, life learning and the importance of finding humor in life. The PowerPoint and evaluation lasts 45 minutes with questions and answers.

Instructor: Loren Goldstein,
Aging and Independent Services
Date: Oct. 6
Time: Thursday, 1:30 – 3:30 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

AIS Community Programs & Resources

Get an overview of nearly 30 programs and services provided by Aging and Independent Services (AIS) and other local community resources. Topics focus on components of AIS' Live Well San Diego vision of Health, Safety and Thriving. The presentation is 60 minutes.

Instructor: Matthew Parcasio,
Aging and Independent Services
Date: Oct. 13
Time: Thursday, 1:30 – 3:30 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

Mandated Reporting of Elder & Dependent Adult Abuse

This workshop provides mandated reporters with the legal requirements for reporting elder and dependent abuse, including types and signs of abuse and reporting requirements. Adult Protective Services and Long-Term Care (LTC) Ombudsman's roles in investigations are also incorporated. This presentation fulfills the instruction requirements of employees and volunteers of public and private agencies. Includes changes effective Jan 1, 2013, from AB 40 for LTC Facility reporting. PowerPoint and Pre/Post Tests last 60 minutes.

Instructor: Anabel Kuykendall
Date: Oct. 27
Time: Thursday, 1:30 – 3 p.m.
Location: Lakeside Community Center
Fee: Free
Ages: Adults and seniors

Intergenerational Dance - Lakeside Hoe Down

Enjoy an evening of Country Western dance music, dances and games.

Date: Nov. 18
Time: Friday, 5:30 – 8:00 p.m.
Location: Lakeside Community Center
Fee: \$3/person in advance
 \$5 at the door
Ages: All ages



Early Education

A Child's Center of Wonder & Discovery (License #376700063)

A Child's Sense of Wonder and Discovery is a non-profit preschool offering half-day enrichment classes that run from September until June.

We offer:

- Outstanding, child-centered, "Wonder and Discovery" curriculum, based on a combination of Montessori, Waldorf, Reggio and Project Based learning
- A remarkable teacher to child ratio:
 - 3 teachers for 12 children (3 and 4 year olds)
 - 3 teachers for 18 children (4 and 5 year olds)
- Experienced staff with more than 80 years of combined experience teaching pre-schoolers
- Beautifully equipped, clean and engaging classroom environments
- Outdoor experiences in nature
- Cooking experiences with an emphasis on nutrition and healthy eating

A \$50 per school year, non-refundable registration fee is required to secure your child's enrollment.

Call (619) 443-2696 to learn more, register, or schedule a tour. You can also view the program online at www.WonderandDiscovery.com.

A Child's Center of Wonder & Discovery preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, nationality or ethnic origin in administration of its educational policies, admissions policies, scholarships, loan programs, athletic or other school-administered programs.

Classes for 3 & 4 Year Olds

(Child must turn 3 by Dec. 2, 2016)

Date: Tuesdays and Thursdays
Time: 8:30 – 11:30 a.m.
Fee: \$180/month

Date: Wednesdays and Fridays
Time: 8:30 – 11:30 a.m.
Fee: \$180 month

Classes for 4 & 5 Year Olds

(Child must turn 4 by February 28, 2017)

Date: Tuesdays and Thursdays
Time: 8:30 – 11:30 a.m.
Fee: \$180 month*

Date: Monday, Wednesday, and Friday
Time: 8:30 – 11:30 a.m.
Fee: \$255 month*

Date: Monday – Friday
Time: 8:30 – 11:30 a.m.
Fee: \$415 month*

* Partial scholarships available. Ask for more information.

Youth Programs

Registration deadline for Youth Programs is one week prior to the start date.

[Gym Trix] Kindertrix 1

This 45-minute gymnastics class will cover elementary gymnastics skills on the floor, the low balance beam and the mini bar. Participants must enroll 2 weeks prior to the class beginning.

Date/Time: Tuesdays, 5 – 5:45 p.m.
Location: Lakeside Community Center
Fee: \$40/month
Ages: 3 – 5 years

[Gym Trix] Kindertrix 2

This advanced-level gymnastics class will take gymnastics skills on the floor, low balance beam and mini bar, to the next level. Registration for Kindertrix 2 requires prior approval from the instructor.

Date/Time: Tuesdays, 5:45 – 6:30 p.m.
Location: Lakeside Community Center
Fee: \$40/month
Ages: 4 – 6 years

[Gym Trix] Tumbling 1

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Athletic shoes are required.

Date/Time: Tuesdays, 3:30 – 4:15 p.m.
Location: Lakeside Community Center
Fee: \$40/month
Ages: 6 and older

[Gym Trix] Tumbling 2 & 3

This advanced-level class will introduce tumbling skills like bridge kickovers, back handsprings and round-off back handsprings, as well as advanced cheer skills. Athletic shoes are required. Registration for Tumbling 2 & 3 requires prior approval from the instructor.

Date/Time: Tuesdays, 4:15 – 5 p.m.
Location: Lakeside Community Center
Fee: \$40/month
Ages: 6 and older

[Tumble Wee Dance] Wee Gymnastics

Parent participation is required for this fun-filled toddler class, so come ready to have a blast with the kids! This class is a mixture of high energy circuits and exercises as well as an introduction to socialization and organized play. Our coaches will introduce gymnastics equipment and developmental shapes, colors, parachutes, blocks...each class is uniquely formed to ensure your toddler is having a fantastic experience.

Date: Sept. 10 – Oct. 15
 Nov. 5 – Dec. 12
Time: Saturdays, 9 – 9:45 a.m.
Location: Lakeside Community Center
Fee: \$50/ 6-week session
Ages: 1 – 3 years

[Tumble Wee Dance] Gymnastics 1

This class will cover beginning to intermediate tumbling and gymnastics skills. Rolls, cartwheels, handstands, and kick-overs will be taught. Our highly trained instructors will ensure that every student is building the appropriate skills for their age to advance into competitive or high school gymnastics. All gymnasts will obtain the following skills: balance, coordination, mount, dismount, walk, jump, balance beam acrobatics, and agility and speed (when mounting and dismounting the vault). A leotard is required. This class is limited to eight students.

Date: Sept. 12 – Oct. 17
Nov. 7 – Dec. 12
Time: Mondays, 3:45 – 4:45 p.m.
Location: Lakeside Community Center
Fee: \$50/ 6-week session
Ages: 4 – 7 years

[Tumble Wee Dance] Gymnastics 2

This class will cover beginning through advanced tumbling and gymnastics skills. Students must meet the following requirements: handstand, cartwheel, push up to a bridge and kick over. In addition to the skills learned in Gymnastics 1, students will learn to create a floor routine with jumps, leaps and beginning ballet dance styles, as well as flips and tumbling passes. Registration for Gymnastics 2 requires prior approval from the instructor and/or completion of Gymnastics 1. Accompanying adults must wait outside.

Date: Sept. 12 – Oct. 17
Nov. 7 – Dec. 12
Time: Mondays, 4:45 – 5:45 p.m.
Location: Lakeside Community Center
Fee: \$50/6-week session
Ages: 8 years and older

[Tumble Wee Dance] Pre-School Dance

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques including pre-ballet and tap. Simple bar exercises will also be introduced. Ballet and elastic-band tap shoes, a leotard, and tights must be worn to every class. Sorry, no tutus. Accompanying adults must wait outside. A \$25 recital costume fee will be collected 9/24. The recital will be held at the Lakeside Community Center in December. Participant must enroll 2 weeks prior to class beginning.

Date/Time: Saturdays, 9:45 – 10:40 a.m.
(No class Nov. 26)
Location: Lakeside Community Center
Fee: \$85/13-week session
Ages: 3 – 6 years

[Tumble Wee Dance] Pre-School Gymnastics

Students will learn basic gymnastic progressions for forward, straddle, and backward rolls, handstands and cartwheels. Balancing on the balance beam, learning jumps, and building strength and conditioning skills on the bars. Students will also develop self-confidence and listening skills.

Date: Sept. 10 – Oct. 15
Nov. 5 – Dec. 12
Time: Saturdays, 10:45 – 11:40 a.m.
Location: Lakeside Community Center
Fee: \$50/6-week session
Ages: 3 – 6 years

Tang Soo Do Little Dragons

Little Dragons Martial Arts is designed to introduce children to the world of martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training improves hand/eye and footwork coordination through exercises designed specifically for young children.

Instructor: Cecilia Guzman, Guzman Martial Arts
Date/Time: Fridays, 4 – 4:45 p.m.
Location: Lakeside Community Center
Fee: \$30/month
Ages: 3 – 6 years

Tang Soo Do

Participating students will build confidence and learn respect, self-control, and how to set and achieve goals while learning self defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined manner. Families are encouraged to participate together. Schedule changes may occur to accommodate testing days.

Instructor: Cecilia Guzman, Guzman Martial Arts
Date/Time: Tuesdays, 7 – 8 p.m.
Wednesdays, 4 – 8 p.m.
Fridays, 5 – 6:30 p.m.
Location: Lakeside Community Center
Fee: \$40/month
Ages: All ages

[Kidz Love Soccer] Mommy/Daddy & Me Soccer

Introduce your toddler to the world's most popular game! As you and your child participate in our fun, age-appropriate activities, your child will develop their large motor skills and socialization skills. The fun happens on the field which means parents are part of the action, not watching from the sidelines! All kids receive a Kidz Love Soccer jersey.

Date: Session 1: Sept. 14 – Oct. 12
Session 2: Nov. 2 – Dec. 7
Time: Wednesdays, 5:30 – 6:00 p.m.
Location: Lindo Lake Ball Field
Fee: \$67/session
Ages: 2 – 3.5 years

[Kidz Love Soccer] Tot/Pre-Soccer

Little tykes will enjoy running and kicking just like the big kids! Children will have fun and learn the basic techniques of the game; all while building self-esteem and learning to follow instructions in a nurturing teaching environment. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Date: Session 1: Sept. 14 – Oct. 12
Session 2: Nov. 2 – Dec. 7
Time: Wednesdays, 4 – 4:35 p.m.
Location: Lindo Lake Ball Field
Fee: \$67/session
Ages: 3.5 – 5 years

[Kidz Love Soccer] Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age specific defense and more. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches are introduced gradually. All participants will receive a Kidz Love Soccer jersey. Shin guards are required after the first meeting.

Date: Session1: Sept. 14 – Oct. 12
Session 2: Nov. 2 – Dec. 7
Time: Wednesdays, 4:35 – 5:20 p.m.
Location: Lindo Lake Ball Field
Fee: \$67/session
Ages: 5 – 6 years

Ballet Folklorico - Beginner

Ballet Folklorico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months.

Instructor: Kathy Villalobos
Date: Session1: Wednesdays, Nov. 2, 5:30 p.m.
Session 2: Wednesdays, Dec. 28, 6:15 p.m.
Location: Lakeside Community Center
Fee: \$70/session
Ages: All ages

Ballet Folklorico - Intermediate/ Advanced

Ballet Folklorico is a true cultural dance experience for boys and girls of all ages. Students have many performances throughout the year, including one in Old Town and another at the San Diego County Fair. The instructor will advance each student, accordingly. A new session begins every 2 months.

Instructor: Kathy Villalobos
Date: Session1: Wednesdays, Nov. 2, 6:15 p.m.
Session 2: Wednesdays, Dec. 28, 7 p.m.
Location: Lakeside Community Center
Fee: \$70/session
Ages: All ages

REC CLUB

A free after-school and summer program for youth ages 10 – 17.

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, contact the Recreation Program Coordinator, at (619) 443-4169.

Weekly Activities

Arts & Crafts	Community Service Projects
Homework Assistance	Field Trips
Gardening	Monthly Special Events
Cooking Classes	Super Crew
Sports Activities	

Energy Saving Adventures (ESA)

Energy Saving Adventures is the new REC Club perspective of taking charge of our future through resource conservation. The daily after-school program inspires and empowers youth to create change in the world around them. Through films, tournaments, activities, experiments and field trips, each day teens tackle important concepts on fun and creative Energy Saving Adventures!

Date: Monday – Friday, 3 – 5 p.m.

Festive Fridays

The Lakeside REC Club hosts a fun, monthly, after-school event featuring games, snacks, crafts and more! Past themes have included: Fear Factor, Olympics, Carnival and Video Games. We transform the REC Club into a party, with fun decorations and music. This program provides participants with an entertaining night that is both special and creative and it's a great opportunity for teens to kick-start their weekend by having a blast with their friends.

Date: One Friday every month: 3 – 4 p.m.

Jr. Staff/ Super Crew

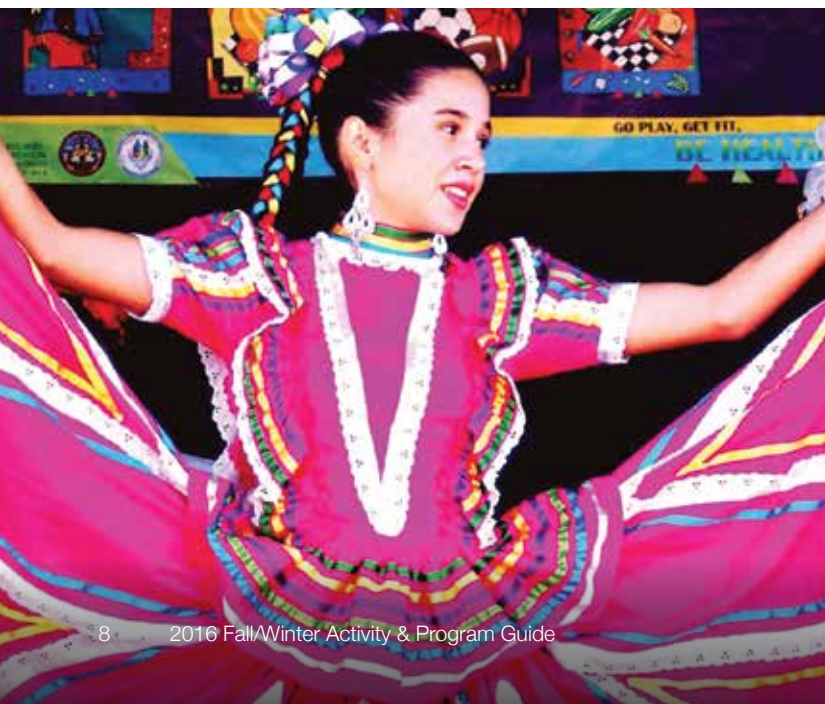
The Jr. Staff program is geared towards youth 10-14 who are interested in gaining leadership skills, giving back to their community and the REC Club, and being a part of a fun team atmosphere. In addition, the Jr. Staff program is intended to transition younger teens into the Super Crew program. The Super Crew program focuses on developing teenagers 14 and older into leaders who will exemplify what it means to be a REC Club member. The Super Crew will get involved with community service projects, service learning, and other opportunities to give back to their community. Super Crew also focuses on developing teens' skills and abilities to help them succeed as they transition into young adults; skills such as resume building, formal communication, job and college applications, and much more. Applications are available at the REC Club!

Date: Wednesdays, 4 - 5 p.m.

Homework Club

Homework Club is free tutoring club that allows students to focus on their homework and have an opportunity to be able to improve their grades. During this hour in the club, students will be working on either homework or participating in a quiet activity. Homework Club is offered Monday – Thursday.

Date: Monday, Tuesday, Thursday: 2:30 – 3:30 p.m.
Wednesdays: 1:30 – 2:30 p.m.



Clases y eventos en el Centro Comunitario Lakeside

9841 Vine St., Lakeside, CA 92040 • Teléfono: (619) 443-9176 • Horario de atención: 12:00 p.m. a 8:00 p.m. • Regístrese en: www.sdparks.org

Eventos Especiales de Verano		
EVENTO ESPECIAL: LIMPIZA DE EL PARQUE		Fecha: 09/17/2016
Horario: 9:00 a.m. a 12:00 p.m.	Día: Sabado Tarifa: Gratis	Estamos buscando voluntarios a venir y ayudarnos a limpiar la zona del parque y el lago. Lakeside Community Center se esta unendo con I Love a Clean San Diego para el día de limpieza anual Coastal 32 y esperamos que tú y muchos más a vengan y nos ayude.
EVENTO ESPECIAL:FERIA DE LA SALUD PARA MAYORES		Fecha: 10/13/2016
Horario: 1:30 p.m. a 3:00 p.m.	Día: Jueves Tarifa: Gratis	Todas las personas mayores están invitados a participar en la Feria de salud para mayores organizada por el Centro de la Comunidad Lakeside y Sharp Grossmont Hospital. Se proporcionará información útil sobre la vida sana, la recreación, el ejercicio y los recursos para las personas mayores, junto con las muestras de alimentos nutritivos, premios, exámenes de salud y vacunas contra la gripe. Vacunas contra la gripe estarán disponibles para las personas mayores y los adultos de alto riesgo con \$ 2 donación sugerida. No hay citas necesarias.
EVENTO ESPECIAL: SAFE HALLOWEEN		Fecha: 10/31/2016
Horario: 5:00 a.m. a 8:00 p.m.	Día: Lunes Tarifa: Gratis	La Comunidad Lakeside Center presenta nuestro 14 Festival anual de Halloween. Traiga a toda su familia para un montón de actividades divertidas que incluyen juegos, premios, golosinas y nuestro famoso desfile de disfraces!
EVENTO ESPECIAL: DESAYUNO CON SANTA CLAUS		Fecha: 12/3/2016
Horario: 8:00 a.m. a 11:00 a.m.	Día: Sabado Tarifa: \$5 por persona	Celebrar la época más maravillosa del año con el Centro de la Comunidad Lakeside! Este evento sera para todo la familia. El desayuno sera preparado por los bomberos de Lakeside. Cada plato tendra hot cakes con tocino y salchichas. También tendremos la oportunidad de escribir una carta y un tomar una foto con Santa Claus!
EVENTO ESPECIAL: INTERGENERATIONAL DANCE		Fecha: 11/18/2016
Horario: 6:00 p.m. a 8:30 p.m.	Día: Sabado Tarifa: \$3 por persona o \$5 el día de el baile	¿Te gusta bailar? Agarra toda la familia; abuelos, padres y niños para hacer una noche de memorias que pueden recordar para toda la vida.Cuando el DJ está jugando música habrá un grupo de bailarines con talento mostrar a otros las últimas películas y tambien tendran juagas por la pista de baile. Es una manera maravillosamente creativa para pasar tiempo juntos como una familia.
Programas Juveniles		
PROGRAMA SEMANAL: CLASES DE GYMTRIX		Días: Martes
Horario: 3:30 p.m. a 6:30 p.m.		
Edades: 3 o más	Tarifa: \$40 p/ mes	Las clases de GimTrix incluyen gimnasia, volteretas, habilidades motrices básicas, movimiento creativo y fitness integral. Consulte en la oficina para más detalles.
PROGRAMA SEMANAL: ARTES MARCIALES CON GUZMAN TANG SOO DO		Días: Martes, miércoles y viernes
Horario: Lun. 3:45 p.m. a 5:45 p.m. / Sab. 4 p.m. a 5:45 p.m.		
Edades: 6 o más	Tarifa: \$40 p/ mes	Nuestros estudiantes aumentan su confianza al mismo tiempo que aprenden respeto, autocontrol y a cómo fijarse y cumplir metas. Consulte en la oficina para más detalles.
PROGRAMA SEMANAL: CLASES DE TUMBLE WEE Y DANZA		Días: Lunes y sábados
Horario: Lun. 3:45 a 5:45 p.m. / Sab. 4 a 5:45 p.m.		
Edades: 1.5 a 8	Tarifa: \$50 por 6 sesiones semanales	¡Nuestros programas de danza y gimnasia van a mantener a sus hijos en movimiento! Van a desarrollar coordinación, equilibrio ¡y más! Consulte en la oficina para más detalles.
PROGRAMA SEMANAL: BALLET FOLCLÓRICO		Días: Miércoles
Horario: 5:30 p.m. a 7 p.m.		
Edades: Todas	Tarifa: \$69 por 8 sesiones semanales	El ballet folclórico es una experiencia de verdadera danza cultural para todas las edades, hombres o mujeres. Los estudiantes tienen muchas actuaciones durante el año.
PROGRAMA SEMANAL: LOS NIÑOS AMAN EL FÚTBOL		Días: Miercoles
Horario: 4:00 p.m. a 6 p.m.		
Edades: De 2 a 6 años	Tarifa: \$67 por sesión	Acompáñenos a las clases de Los niños aman el fútbol este verano en la cancha del Lindo Lake Park. Su hijo aprenderá nuevas capacidades en cada sesión.
Programas Para Adultos		
PROGRAMA SEMANAL: CLASES DE CAMPO DE ENTRENAMIENTO		Días: Lunes a viernes
Horario: Preguntar en la oficina		
Edades: 13 o más	Tarifa: \$40 a \$45 p/ mes	¡Nuestras clases de campamento de entrenamiento pondrán a prueba y entrenarán capacidades y habilidades que no sabía que tenía! ¡Acompáñenos cuando pueda! Hay clases disponibles a la mañana y a la tarde.
PROGRAMA SEMANAL: ZUMBA		Días: Martes y jueves
Horario: Martes 12:30 p.m. – 1:30 p.m.	Jueves 6:30 p.m. – 7:30 p.m.	
Edades: 18 o más	Tarifa: \$7 p/ clase	¡El zumba es una fiesta fitness con raíces latinas, fácil de seguir, que quema calorías y se siente en la médula! ¡Hará muchísimo ejercicio mientras se divierte y escucha música genial!
PROGRAMA SEMANAL: PICKLEBALL		Días: Lunes a viernes
Horario: Comienza a las 2:00 p.m.		
Edades: 18 o más	Tarifa: \$2 p/ día	¡Está por comenzar un juego rápido, fácil de aprender y de gran intensidad! ¡Venga a jugar a un juego similar al tenis para divertirse y hacer ejercicio!
PROGRAMA SEMANAL: BAILE EN LÍNEA		Días: Lunes
Horario: 10:00 a.m. a 11:30 a.m.		
Edades: 18 o más	Tarifa: \$6 p/ clase	Al incorporar una variedad de materiales, no solo aprenderá el estilo de baile, sino que lo hará con la coreografía adecuada y una amplia variedad de canciones.
PROGRAMA SEMANAL: YOGA EN SILLA PARA MAYORES		Días: Lunes
Horario: 10:00 a.m. a 11:30 a.m.		
Edades: 18 o más	Tarifa: \$10 p/ clase	El yoga en silla ofrece una combinación de elongación activa y pasiva que es especialmente efectiva para evitar que se lesione. ¡Mejore la fuerza, flexibilidad y movilidad a través de muchas posturas de yoga!
PROGRAMA SEMANAL: ARTESANÍAS CON CUENTAS DE NIVEL INICIAL		Días: Viernes
Horario: 10:30 a.m. a 3:00 p.m.		
Todas las edades	Tarifa: \$20 la primera clase	Esta clase enseña los seis puntos básicos para las artesanías con cuentas. ¡Va a poder hacer cualquier patrón que quiera! Para preparar el kit de cuentas, llame a la instructora, Jo, al (619) 443-9771.
Programas Para Mayores		
PROGRAMA SEMANAL: PROGRAMA DE NUTRICIÓN DEL EJÉRCITO DE SALVACIÓN		Días: Lunes a viernes
Horario: 12:00 p.m. a 12:50 p.m.		Una comida nutritiva y deliciosa que ofrece elementos de todas las familias de alimentos.
Donación sugerida: \$4 para personas mayores de más de 65 / \$6 para personas que no sean mayores		

Adults

[Condor Fitness] Bootcamp Fusion

A combination of intense cardio, strengthening exercises, and core stability exercises are part of this fast-paced class. The goals of Bootcamp Fusion are to burn calories and strengthen all muscle groups in the body. Not only will this class change the participant's physical appearance, but it will also improve daily living. The atmosphere is upbeat with the assistance of energizing music. Each workout is unique which keeps the classes interesting and effective. Modifications will be provided so everyone can participate.

Instructor: Chase Spain
Date/Time: Mondays and Wednesdays, 8:30 – 9:30 a.m.
Location: Lakeside Community Center
Fee: \$45/month, \$7 drop-in fee
Ages: Adult and seniors

[Condor Fitness] Bootcamp Core

This full-body exercise class incorporates circuit training to help you lose weight, tone muscle, improve athletic performance and build confidence. The class takes place outdoors using different weights, medicine balls, and other exercise equipment. This program runs month to month and can be taken as a drop-in, twice per week, or three times per week.

Instructor: Chase Spain
Date/Time: Tuesdays, Thursdays, & the first three Fridays of every month, 4:30 – 5:30 p.m.
Location: Lakeside Community Center
Fee: \$35/2X per week, \$7/drop-in fee
Ages: Adult and seniors

[Condor Fitness] Bootcamp Power

Bootcamp Fitness is an hour-long class that combines weights, balance tools, body resistance and cardio to activate all of the major muscles groups. Exercises change regularly for continual improvement. Modifications are provided so individuals can participate at a level that is appropriate for them. All fitness levels are welcome.

Instructor: Chase Spain
Date/Time: Tuesday & Thursday, 6:15 p.m. – 7:15 p.m.
Location: Lakeside Community Center
Fee: \$40/month, \$7/class
Ages: Adult and seniors



[Condor Fitness] Full Moon Boot Camp

Join Chase Spain the instructor for an evening workout like no other... This experience takes place under the light of the full moon at the Lindo Lake baseball field. Contact the Lakeside Community Center for more information at (619) 443-9176.

Instructor: Chase Spain
Date: Monday, Sept. 19
 Sunday, Oct. 16
 Monday, Nov. 14
 Tuesday, Dec. 13
Time: Times vary
Location: Lindo Lake Baseball Field
Fee: \$5/drop-in fee
Ages: Adult and seniors

Pickleball

Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball), and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends and lots of laughter!

Date/Time: Mondays, 2:45 p.m. – 7:45 p.m.
 Tuesdays & Thursdays, 2 – 6 p.m.
 Fridays, 2 – 5 p.m.
Location: Lakeside Community Center
Fee: \$2/open gym
Ages: Adult and seniors

Line Dancing

Line dancing is an easy way to have fun while you exercise your body and your mind- we will incorporate variations, choreography, learning how to know which dances to do with different songs, and much more. Join their dancers to learn some of the most popular line dances around.

Instructor: Cathie Lopez
Date/Time: Beginner: Mondays, 6 – 7 p.m.
 Intermediate: Mondays, 7 – 8 p.m.
Location: Lakeside Community Center
Fee: \$6/class
Ages: 18 and older





Tai Chi

Tai Chi promotes health and longevity. Experience over hundreds of years has shown that practicing Tai Chi can improve one's health, reduces tension, improves balance and combats symptoms related to a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems and nervousness.

Date/Time:	Intermediate: Monday – Thursday, 11 a.m. – 12 p.m. Beginner: 12 p.m. – 1 p.m.
Location:	Lakeside Community Center
Fee:	Free
Ages:	Adult and seniors

Zumba

Zumba is a Latin-inspired, easy to follow, calorie burning, feel it to the core, fitness party! Get a marvelous workout and condition all of your muscles while having fun. Join the party!

Date/Time:	Tuesdays, 12:30 – 1:30 p.m. Thursdays, 6:30 – 7:30 p.m.
Location:	Lakeside Community Center
Fee:	\$7/drop-in fee
Ages:	Adult and seniors

Senior Chair Yoga

Chair Yoga offers a combination of active and passive stretching that is especially helpful to keep you injury-free. Improve your balance, strength, flexibility and mobility through standing or seated yoga poses specially adapted for seniors (55 and older) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported. Please bring a mat to every class.

Date/Time:	Mondays, 10 a.m. – 11:30 a.m.
Location:	Lakeside Community Center
Fee:	\$10/class
Ages:	Adult and seniors

Beadweaving 101

This class teaches the six basic stitches of beadweaving. Choose which stitches you would like to learn and join “Friday Beaders” each week – a time of learning a new hobby, creating beautiful jewelry, inspiration, relaxation, and new friendships! Class size fluctuates up to 16 participants. Participants will leave class with a finished, beautiful bracelet. A \$20 fee will provide all materials including the bead mat, written instructions and general beading information. Classroom instruction and patterns are free. Start at any time, and stay as long as you'd like, but please call the instructor at (619) 443-9771 before starting your first class so a bead kit can be prepared for you.

Date/Time:	Fridays, 10 a.m. – 3 p.m.
Location:	Lakeside Community Center
Fee:	\$20 materials fee (new students)
Ages:	Adult and seniors

Mobile Tech Lab

Mobile Tech Lab is all about helping individuals 60 and above, their families, and their caregivers access technology to support mental health and wellness. All services are free!

- Learn the basics of using keyboards, mice, laptops, tablets and cell phones
- Help with e-mail, Facebook, YouTube, Skype, health benefits, and more
- Attend workshops about web browsing, e-mail, internet safety, and EatFresh.org

By Appointment only. Please call (619) 471-2713.

Date/Time:	First Tuesday of every month, 12 p.m.
Location:	Lakeside Community Center
Fee:	Free
Ages:	Adult and seniors

Spanish Class

Seniors meet once a week on Friday learning basic Spanish skills. This program is coordinated through The Salvation Army. For more information, contact Elsie Estrada at (619) 446-0239 or elsie.estrada@usw.salvationarmy.org.

Date/Time:	Fridays, 10 – 11 a.m.
Location:	Lakeside Community Center
Fee:	Free
Ages:	Adult and seniors

Senior Walking Program

This program is intended for seniors to live a more active lifestyle and at the same time have fun and create memories with friends. This program would include stretching, slow-paced walking and motivating personality! The Senior Walking program is ran through the Salvation Army, please contact Elsie Estrada at (619) 446-0239 or elsie.estrada@usw.salvationarmy.org.

Time:	11 a.m. – 12 p.m.
Location:	Lakeside Community Center
Fee:	Free
Ages:	Seniors



Lakeside Community Center Rentals

WEDDINGS | BIRTHDAYS | ANNIVERSARIES | BANQUETS

The Lakeside Community Center is a central space for a wide variety of local events, programs, activities and social occasions. From children's birthday parties and senior lunches to reunions, weddings and anniversary celebrations, the Lakeside Community Center can accommodate up to 300 people or 700 standing between its Main (Meyer) Hall, Moreno Room and Lakeshore Room.

A commercial kitchen is available for food preparation, and tables and chairs can be added to any reservation for a flat fee.

The Center offers ample space at an incredible price... **Book today!**

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Rentals	Refundable Deposit	Table & Chair Rental Fee
Meyer Hall (Friday & Saturday)	4650 sq. ft.	250	\$650/\$150*	\$500/\$125*	\$300	\$150
Meyer Hall (Mon – Thurs)	4650 sq. ft.	250	\$150/hour	\$125/hour	\$150	\$100
Moreno Room	1638 sq. ft.	90	\$95/hour	\$60/hour	\$100	\$75
Lakeshore Room	510 sq. ft.	30	\$23/hour	\$15/hour	n/a	n/a
Kitchen**	860 sq. ft.	n/a	\$105	\$80	n/a	\$35

*Meyer Hall: 4 hours at the first rate; each additional hour is at the second rate.

**Only available with rental of Meyer Hall. Additional fees may apply. Security guard(s) and Insurance are required for private events.



In need of an ongoing space for Sundays? We'd love to accommodate your needs. Please call 619-443-9176.

Lindo Lake Park Rentals

Lindo Lake County Park is the recreational center of the Lakeside community. With its family and group picnic areas, stage, play areas, softball field, horseshoe pits, fishing, and tennis courts, there are attractions to suit all ages, interests and abilities. A fitness walk on the westernmost peninsula on the south shore of the lake features 17 physical fitness stations that present a scenic, no-cost workout for park visitors. The park is also known for its excellent bird watching opportunities. Book a pavilion today to create a special park experience your guests will never forget!

Area	Seating	BBQs	Fees	Other
Pavilion 1	100	3	\$175/day*	Full shade; restrooms & playground nearby; small stage; no electricity
Pavilion 2	50	3	\$100/day*	Full shade; restrooms & playground nearby; no electricity
Boat House	50	n/a	\$75/hour or \$300/day	Full shade; restrooms nearby; no electricity

* Requires a \$5 reservation fee. Additional fees may apply.

Location

12660 Lindo Lane
Lakeside, CA 92040

Hours of Operation

Open 9:30 a.m. – sunset, daily

Reservation Information

619-443-9176
or 858-694-3030



CHECK OUT A TRACK TRAIL

The TRACK Trail program is a nationwide network of outdoor adventures for kids. Adventure seekers earn rewards online for visiting parks and learning about the local environment. Visit all 6 TRACK Trails:



Lake Morena County Park

2550 Lake Morena Dr., Campo, CA 91906
(619) 579-4101 • 1 mile



San Dieguito County Park

1628 Lomas Santa Fe Dr., Del Mar, CA 92014
(858) 755-2386 • 5.25 miles

Spend some time in sunshine! Discover local wildlife! Learn about native habitats and what we're doing to protect them! Activities along the trail are both fun and informative. All ages are welcome.



877-565-3600 • sdparks.org • kidsinparks.com



Lindo Lake County Park

12660 Lindo Ln., Lakeside, CA 92040
(619) 443-1666 • 1.4 miles



San Elijo Lagoon Nature Ctr.

2710 Manchester Ave., Cardiff, CA 92007
(760) 634-3026 • .75 miles



Louis A. Stelzer County Park

11470 Wildcat Canyon Rd., Lakeside, CA 92040
(619) 561-0580 • 1.5 miles



Lakeside Teen Center

Room	Square Footage	Capacity	Private Function/ Commercial Users	Non-Profit Rentals	Refundable Deposit	Table & Chair Rental Fee
Main Room	1080 sq. ft.	50	\$75/hour*	\$60/hour*	\$300	\$75

3 LAKESIDE TEEN CENTER RENTALS The Lakeside Teen Center is available for special events on Saturdays and Sundays. The main room spans 1,080 square feet and has a capacity of 50. Reservations can be made in 3-hour blocks at a cost of \$75 per hour. A refundable deposit of \$300 is also required. Tables and chairs are available. Additional fees may apply. **Call (619) 443-9176 for more information!**



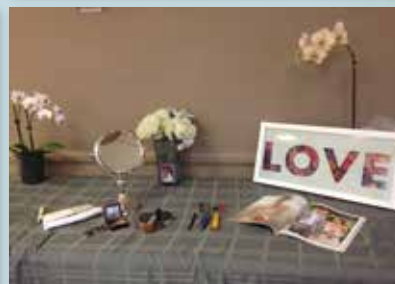
* 3 hour minimum
* Additional fees may apply



Lakeshore Room *Bridal Suite*

\$23 per hour
\$100 refundable deposit

We are happy to offer a new amenity for brides and grooms. The Lakeshore Room is a luxurious, 510-square-foot space where bridal parties can connect, relax, finish getting ready, and prepare for their walk down the aisle. The suite has been staged with all of the essentials: a mirrored vanity, a floor-length mirror, a garment rack, a red couch and floral chair, outlets for 6 plug-in devices, and two rugs for added comfort. Inquire for details.



Lakeside Area Parks

El Monte County Park

15805 El Monte Road, Lakeside, CA 92040

(619) 443-1474

Open 9:30 a.m. to sunset

El Monte County Park is one of the original County parks. El Cajon Mountain stands high above this 88-acre park which features grassy lawns, mature trees, a ball field, play areas, and many picnic locations. At the west end of the park is a staging area and the entrance to the historic Flume Trail. Engaged couples love the park's famous wedding tree and oak grove!

Oakosis/ El Capitan

12620 Wildcat Canyon Road, Lakeside, CA 92040

(619) 561-0580

Open 7 a.m. to sunset

Oakosis preserve boasts 397 acres of chaparral and woodlands with spectacular views across 2.5-miles of well-marked trails. Campsites are available for individuals and groups, and a pavilion can be reserved for large gatherings. Oakosis plays host to a number of star parties and meteor-gazing events, year-round.



Louis Stelzer County Park

11470 Wildcat Canyon Road, Lakeside, CA 92040

(619) 561-0580

Open 9:30 a.m. to sunset

Louis Stelzer County Park spans 310 acres of oak woodland and coastal sage scrub. Birdwatching, hiking and picnicking are all available – along with playgrounds, a horseshoe pit and barbeques. This park is a frequent stopping point for scout groups and school field trips, and can be booked for a variety of special occasions.

Flinn Springs County Park

14787 Old Highway 80, El Cajon, CA 92021

(619) 561-0180

Open 9:30 a.m. to sunset

Flinn Springs is a day-use park located in East County San Diego. On site is a gazebo for weddings and special events, and the park can accommodate up to 500 patrons! Everyone will enjoy the robust lawn areas, ancient oak tree canopy and a peaceful stream that flows through the park's center.

THE UPSIDE
OF OUTSIDE



LAKESIDE COMMUNITY CENTER

PO Box 1708
Lakeside, CA 92040

Presorted Std.
ECRWSS
U.S. Postage
PAID
Permit No. 571
San Diego, CA

*****ECRWSEDDM*****

Residential Customer



BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3
Ron Roberts, District 4
Bill Horn, District 5

DEPARTMENT DIRECTOR

Brian Albright

CHIEF ADMINISTRATIVE OFFICER

Helen N. Robbins-Meyer



SDPARKS.ORG